



# Folic Acid

## Plays a Role in:

- ♦ Metabolism
- ♦ Synthesis of DNA
- ♦ Formation & maturation of blood cells
- ♦ Conversion of homocysteine to methionine

## Deficiency Symptoms:

Anemia

Elevated homocysteine levels which increase the risk for heart disease, blood clots & stroke  
Development of cancer, especially colorectal

## Toxicity Symptoms:

- ♦ Insomnia
- ♦ Malaise
- ♦ Irritability
- ♦ Zinc deficiency
- ♦ GI disturbances
- ♦ Masking of vitamin B-12 deficiency

## Conditions Contributing to Deficiency:

- ♦ Aging
- ♦ Alcoholism
- ♦ Loss of gastric juices
- ♦ Inflammatory bowel diseases
- ♦ Malignancies
- ♦ Anticonvulsant & other medications

## Dietary Reference Intake:

400 micrograms/day  
for male and female

## Good Food Sources:

